

# St Barnabas CE Primary School Newsletter

19/04/2024



'Let your light shine'

Being in school **on time** everyday and having the best attendance possible is key to your child's future success. It underpins all the many benefits of school for your child such as their learning, wellbeing and wider development. Children with good attendance and punctuality achieve better and have better mental health than children who have a lot of time off or regularly arrive at school late.

Being late for school has many negative consequences:

- Gets the day off to a bad start;
- Increases stress and upset for the child;
- Can lead to the child feeling embarrassed and singled out;
- Affects the child's overall confidence;
- Disrupts the learning of other class members;
- Creates bad habits which could lead to poor attendance;
- Falling behind, due to missing learning time

Being late regularly adds up to lots of lost learning time:

5 mins late every day	3.4 days of learning lost every year
10 mins late every day	6.9 days of learning lost every year
15 mins late every day	10.3 days of learning lost every year
20 mins late every day	13.8 days of learning lost every year
30 mins late every day	20.7 days of learning lost every day

Most of our children have excellent attendance and punctuality, so this term we will be introducing our brand new punctuality award – every child who is on time everyday from Monday 15<sup>th</sup> April until Friday 24<sup>th</sup> May will have their name entered in a prize draw. A £25 Just Eat voucher will go to the family of the winning pupil, so that the whole family can enjoy a takeaway treat as a reward.

Parents play a key role in ensuring your child attends regularly and on time – thank you for your support.

Have a lovely weekend everyone,

*Miss Hodgkinson*

HERE ARE SOME OF THE WAYS OUR AMAZING CHILDREN HAVE 'LET THEIR LIGHT SHINE' THIS WEEK IN SCHOOL...





### Meet and Greet

Don't forget, if you have any issues in the morning or at the end of the day, a member of staff will be outside for you! We have staff available every morning at each entrance gate – we can help you with any issues you may have, no matter how small. Please come for a chat if you need to.

### Staying Safe Online

This week's safety message centres around health and wellbeing, in particular energy drinks. Long term use of these products can lead to negative effects on the heart and blood pressure; it can even lead to an addiction. We must also be aware that these drinks are illegal for anyone under 16. The guide this week offers support and advice on what to do with potential risks.

### Our Christian Value for this half term is:

#### 'Courage'

"Be strong and courageous, do not be frightened or dismayed for the Lord, your God, is with you wherever you go."

Joshua 1:9

**This week's prayer:** We pray for all the children in the world who are living in countries affected by war. We pray for peace.

**This week's big question is:**  
What helps us take courage?

### Places in St Barnabas Nursery Available

We are now accepting applications for places in our nursery for April 2024.

Please ask the school office for an application form or to make an appointment to look around.

We can also assist with 2 year old funding applications.

If you think you may be eligible for 30 hours of free childcare please visit the Childcare Choices website:

<https://www.childcarechoices.gov.uk/upcoming-changes-to-childcare-support/>

**WHAT ARE THE RISKS?**  
Energy drinks are highly caffeinated beverages often consumed for a quick energy boost. However, excessive intake can lead to health risks like increased heart rate and sleep disturbances. Statistics underline these products' popularity among young people – many of whom consume them regularly. Here's our expert's advice on addressing the concerns surrounding energy drink consumption in adolescents.

**HIGH CAFFEINE CONTENT**  
Most energy drinks contain high levels of caffeine: often much more than a typical cup of coffee or tea. Excessive caffeine consumption can lead to increased heart rate, high blood pressure, anxiety, insomnia, digestive issues and – in extreme cases – even more severe conditions. For children and adolescents, whose bodies are still developing, excessive caffeine intake can be particularly harmful.

**DISRUPTED SLEEP PATTERNS**  
Consuming energy drinks, especially during the afternoon or evening, can disrupt normal sleep patterns. The stimulating effects of caffeine can make it difficult for children and young adults to fall asleep – leading to insufficient rest and its associated health risks, including impaired cognitive function, mood disturbances and decreased academic performance.

**LINKS TO SUBSTANCE ABUSE**  
Some research has suggested a correlation between energy drink consumption and higher rates of alcohol and drug use among young adults. Young people may mix energy drinks with alcohol, mistakenly believing that the energy drink's stimulant effects will counteract the sedative nature of alcohol. This combination, however, can be dangerous and increase the risk of accidents, injuries and alcohol poisoning.

**POTENTIAL FOR DEPENDENCY**  
Frequent consumption of energy drinks can lead to tolerance – meaning that individuals may need to consume increasing amounts to continue achieving the desired effects. This can potentially lead to dependency and addiction, especially in younger individuals who may be more vulnerable to addictive behaviours.

**INCREASED RISK OF HEART PROBLEMS**  
The combination of high caffeine levels and the other stimulants found in energy drinks can put extra strain on the cardiovascular system. Potentially, this could lead to irregular heart rhythms, palpitations and increase the risk of heart attack – especially in individuals who have an underlying heart condition.

**IMPACT ON MENTAL HEALTH**  
The significant levels of caffeine and sugar in energy drinks can exacerbate anxiety, nervousness and even – in susceptible individuals – contribute to panic attacks. Additionally, the crash that often follows the initial energy boost can actually make mood swings worse and possibly lead to feelings of depression and irritability.

**Advice for Parents & Educators**

**LIMIT CONSUMPTION**  
It's wise to educate young people about the potential risks related to energy drinks, emphasizing the consequences of excessive caffeine consumption. Encourage healthier alternatives like water, herbal teas or natural fruit juices. You can model healthy behaviour by restricting your own consumption of energy drinks and creating a supportive environment for informed choices.

**PROMOTE HEALTHIER HABITS**  
Schools can help with this issue by including discussions about the possible dangers of energy drink consumption into their health education curriculum. Encourage children and young adults to critically evaluate the marketing messages they see and make informed choices about their health. Teachers could also provide resources and support for children to identify healthier alternatives.

**ADVOCATE FOR REGULATION**  
If this is something you're particularly passionate about, you could work with local health organisations and policymakers to advocate for regulations on energy drink sales to children and young people. Raise awareness among parents, educators and community members about the potential health risks associated with energy drinks and support initiatives promoting healthier options in schools and communities.

**SET A POSITIVE EXAMPLE**  
Adults can model healthy behaviour by visibly choosing alternative beverages instead of energy drinks. Maintain open communication with children and young adults about the reasons for limiting energy drink consumption – underlining the importance of balanced nutrition, adequate hydration and sufficient sleep for overall wellbeing and academic success.

**Meet Our Expert**  
Dr Jason O'Rourke, Headteacher of Washborough Academy, champions food education and sustainability – and his school holds the Soil Association's prestigious Gold Catering Mark. Jason has spoken about food education at Westminster buildings and overseas. A member of the All-Party Parliamentary Group on School Food, he co-founded Taste4, a sensory food education charity.

Source: See full reference page at [nationalcollege.com/guides/energy-drinks](https://www.nationalcollege.com/guides/energy-drinks)

#WakeUpWednesday The National College

### Road Safety

We have had a number of complaints regarding inconsiderate and dangerous parkin. We appreciate how difficult drop off and pick up times can be but we must stress the importance of road safety – this includes safe parking and safe driving.

We have painted yellow zig zag road markings outside school for a very good reason: *the safety of our pupils*. You must not park or stop even for a moment on these markings.

Any car stopped or parked in this restricted area can hide small children who are about to cross the road.

The children may not see approaching cars and approaching motorists may not see the children.

**Please do not stop in the middle of the road to let out your children.**

Thank you for your support.

### Healthy Packed Lunches

If you do opt to send your child to school with a packed lunch, we do encourage to make healthy choices when preparing this:

A healthy packed lunch should consist of:

- Fruit and vegetables
- Unrefined starchy food – for example multigrain bread, pasta or rice
- Sources of protein – meat, fish, eggs, beans etc.
- Milk or other dairy foods – i.e. cheese
- A small amount of fat, sugar and salt
- Water, milk or juice

Please be aware that we are a nut free school. We have children at school who have very severe nut allergies and would require medical assistance if they came into contact with nuts. Therefore, please ensure that your child's packed lunch does not contain any nuts and check ingredients if you are not sure.



**The Bread and Butter Thing** helps people on low incomes to eat more healthily. They have mobile food clubs that provide nutritious meals to help people feed their families for free. They have a location – in partnership with WAS Good Neighbours, at Sankey Bridges Community Centre.

Open: 1:30 – 2pm on Tuesdays

Tel: 07860 063304 <https://breadandbutterthing.org>



## PROJECT ZONE

### JUNIORS

4-5:00pm – Disney arts & crafts  
 4-5:00pm – Beginners Rock climbing  
 4-5:00pm – Learn the Keyboard  
 4-5:00pm – Girls only football  
 4-5:00pm – Karaoke  
 4-5:30pm – Card & gift making  
 4-5:00pm – Pokemon Club  
 4-5:00pm – Hairstyling

5-6:00pm – Origami  
 5-6:00pm – Beginners Rock climbing  
 5-6:00pm – Rollerskating  
 5-6:00pm – Lego  
 5-6:00pm – Gaming  
 5:30-7pm – Card & gift making

6-7:00pm – Beginners Rock climbing  
 6-7:00pm – Animal arts & crafts  
 6-7:00pm – Chess  
 6-7:00pm – Rollerskating  
 6-7:00pm – Boxing

### MIXED – JUNIORS & SENIORS

4-5:00pm – Dance Squad  
 4-5:00pm – Morris Dancing  
 5-6:00pm – Pokemon Cards – Show & Trade  
 5-7:30pm – Performing Arts

### SENIORS

5-6:30pm – Song writing  
 6-8:00pm – Dungeons & Dragons  
 6:30-8pm – Music Jam session – Beginners welcome  
 7-8:00pm – Beginners Rock climbing  
 7-8:00pm – Boxing  
 7-8:00pm – Young leaders catch up (chill & chat)



## ST BARNABAS CHURCH

# SPRING FAIR

Saturday April 27<sup>th</sup>

12- 3pm

in church

### Stalls include:

Tombola      Cakes      Bric a Brac  
 Raffle      Gifts      Jigsaws & Books  
 Poke a Pot      Jewellery Refreshments.

Everyone Welcome



Starting Sunday 31st March for 6 weeks  
 Project Zone runs every Sunday evening.  
 Members must book online.

	Dates for your diary
Wednesday 1 <sup>st</sup> May	Reception bikeability session
Thursday 2 <sup>nd</sup> May	Y1 bikeability session
Friday 3 <sup>rd</sup> May	8:45am Parent Coffee morning
Monday 6 <sup>th</sup> May	Bank holiday – school closed
Monday 13 <sup>th</sup> May – Friday 17 <sup>th</sup> May	Christian Aid Week
Monday 13 <sup>th</sup> May – Thursday 16 <sup>th</sup> May	KS2 SATs Week
Wednesday 15 <sup>th</sup> May	KS2 Music Workshops
Thursday 16 <sup>th</sup> May	KS2 Music Workshops
Monday 20 <sup>th</sup> May	Y5/6 Bikeability sessions
Tuesday 21 <sup>st</sup> May	Y5/6 Bikeability sessions
Friday 24 <sup>th</sup> May	School closes for Whit break
Monday 10 <sup>th</sup> June	School opens
Tuesday 11 <sup>th</sup> June	St Barnabas Day
Friday 14 <sup>th</sup> June	8:45am Parent coffee morning
Wednesday 19 <sup>th</sup> June – Friday 21 <sup>st</sup> June	Y6 Residential at Forest Camp Activity Centre
Tuesday 25 <sup>th</sup> June	2pm New starters meeting
Wednesday 26 <sup>th</sup> June	Y1 trip to Sky Garden
Wednesday 26 <sup>th</sup> June	6pm Summer Concert – Y3, Y4, Y5, Y6 families invited
Thursday 27 <sup>th</sup> June	Paris Olympic Games Day at Orford Hub – KS2
Friday 28 <sup>th</sup> June	Warrington Walking Day – school closed
Monday 1 <sup>st</sup> July – Friday 12 <sup>th</sup> July	Health and Lifestyle Fortnight
Tuesday 2 <sup>nd</sup> July	Sports Day KS2 – morning Reception & KS1 - afternoon
Tuesday 2 <sup>nd</sup> July	4:45pm Children’s University Awards Ceremony at St Elphin’s Church
Wednesday 3 <sup>rd</sup> July and Thursday 4 <sup>th</sup> July	Y6 high school transition days – all Warrington high schools
Friday 5 <sup>th</sup> July	8:45am Parent coffee morning
Monday 8 <sup>th</sup> July	Y4 trip to Warrington Museum
Tuesday 9 <sup>th</sup> July	Reserve Sports Day
Wednesday 10 <sup>th</sup> & Thursday 11 <sup>th</sup> July	First Aid sessions for all classes
Thursday 11 <sup>th</sup> July	Y5 trip to Safety Central
Thursday 11 <sup>th</sup> July	6pm Y6 Leavers’ Party
Monday 15 <sup>th</sup> July	Y5 adventure day at Forest Camp Activity Centre
Wednesday 17 <sup>th</sup> July	2pm Y6 Leavers’ Service
Friday 19 <sup>th</sup> July	Summer Fun Day!
Friday 19 <sup>th</sup> July	School closes for summer break
Tuesday 3 <sup>rd</sup> September	School opens for Autumn term

